

# DINNERLY



## Feed-A-Crowd Hearty Veggie Soup: Same Meal Price, Double the Portions!



35 minutes



2 Servings

Want more bang for your buck? Serve up double the portions with our new Feed A Crowd recipes. We've added more hearty ingredients like filling carbs and veggies to satisfy hungry tummies. If you're on a 2-person plan, these recipes make 4 portions; on a 4-person plan, they make 8 portions.



- 1 onion
- 500g butternut pumpkin
- 100g cheddar <sup>7</sup>
- 400g kidney beans
- 10g Caribbean seasoning <sup>17</sup>
- 400g diced tomatoes
- 2 x 2 wholemeal rolls <sup>1,6</sup>

- 20g butter <sup>7</sup>
- 1 tbs olive oil
- 2 tbs tomato paste
- 2 garlic cloves

- box grater
- large saucepan
- large oven tray

## ALLERGENS

## NUTRITION PER SERVING

Energy 435kcal, Fat 18.9g, Carbs 41.5g,  
Proteins 19.0g



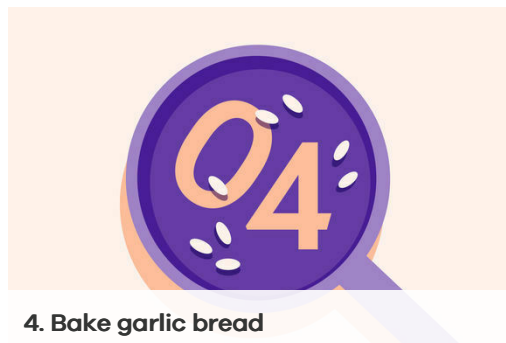
Preheat the oven to 200C. Finely chop the **onion**. Peel the **pumpkin**, then cut into 2cm chunks. Coarsely grate the **cheese**. Drain and rinse the **beans**. Put **20g butter** in a bowl to soften (see Feed A Crowd).



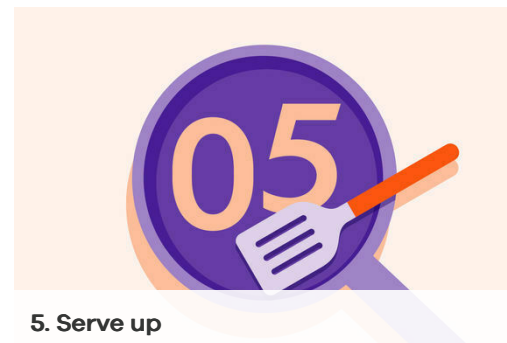
Heat **1 tbs olive oil** in a large saucepan over medium heat. Cook the **onion** and **pumpkin**, stirring occasionally, for 5 mins or until the onion is softened. Add **3 tsp Caribbean seasoning** and **2 tbs tomato paste** and cook, stirring, for 1 min.



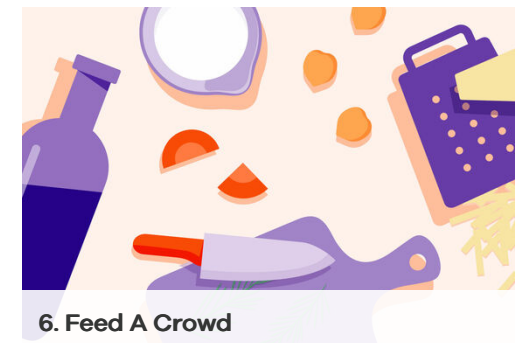
Add the **beans, tomatoes and 500ml (2 cups) water** to the pan and bring to the boil. Reduce the heat to medium and cook for 15 mins or until the pumpkin is tender. Taste, then season with **salt and pepper**. Remove the pan from the heat.






Meanwhile, crush or finely chop **2 garlic cloves**. Add the garlic to the **butter**, season with **salt and pepper** and stir to combine. Halve the **rolls** and spread the cut sides with the **garlic butter**. Put on a large oven tray and bake for 6-7 mins until lightly toasted.



Divide the **soup** among bowls, scatter over the **cheese** and serve with the **garlic bread**. Enjoy!



Don't have any butter for the garlic bread?  
Simply use 1 tbs olive oil instead.

Questions about the recipe? Customer Service: **02 9056 7570** Email: [hi@dinnerly.com.au](mailto:hi@dinnerly.com.au)  
View the recipe online by visiting your account at [dinnerly.com.au](http://dinnerly.com.au)    **#dinnerly**

 **Packed in Australia**  
from at least 75%  
Australian ingredients